

Course Syllabus

Course Code	Course Title	ECTS Credits
HSPO-202	Cyprus Cuisine	4
Prerequisites	Department	Semester
None	Hospitality	Fall
Type of Course	Field	Language of Instruction
Required	Culinary Arts	English
Level of Course	Lecturer(s)	Year of Study
Diploma		2 nd
Mode of Delivery	Work Placement	Corequisites
Face to Face	40 hours <i>(for the entire duration of the course)</i>	None

Course Objectives:

The aims of the course are to educate and make the students know, love and establish the traditional and creative Cypriot cuisine. The course focuses on the Cypriot national cuisine and culture of Cyprus food: meze- cold and hot dishes from fish, meat and poultry, weeds of Cyprus, Cypriot meals, and desserts. Learn also the areas of Cyprus and its well-known traditional delicacies.

Traditional terminology and traditional dishes are covered as part of the curriculum. The students are given the opportunity to create new modern dishes with pure Cypriot ingredients and familiarize with the culinary heritage and culture of Cyprus.

Learning Outcomes:

After completion of the course students are expected to be able to:

- Know the Cyprus cooking and pastry terminology.
- Implement practices, traditional culinary preparations, and recipes from different categories of products (fish, meat, shellfish, and poultry).
- Apply special methods of Cyprus cuisine preparations, traditional pastry and bakery products, and recipes from various food categories.
- Make various Cypriot soups and salads.
- Develop and consolidate knowledge on traditional food issues.

- Survey and present studies on Cypriot traditional cuisine.
- Make use of raw materials in connection to their production and preservation.

Course Content:

- Introduction to traditional Cyprus cuisine.
- Familiarization and practical application with Cypriot ingredients and aromatic herbs (food, drinks used in the kitchen).
- Assortment of dishes served in Cyprus cuisine.
- Cold and hot dishes for appetizers.
- Cypriot soups.
- Pasta dishes.
- Pilaf
- Presentation of dairy products
- Fish, meat, and poultry dishes.
- Meals with Cypriot greens and other vegetables.
- Cypriot sweets and sweet and savoury pies.
- Cooking and menu presentation in a Cypriot Tavern.

Learning Activities and Teaching Methods:

Theory, Study, Presentation styles, Demonstrations, Explanations and Labs

Assessment Methods:

Practical training at Lab, Mid-Term Practical Examination or Project, Final practical examination

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Cyprus Cuisine: Middle Eastern and Mediterranean Cooking	Loucas Ch.	Whitecap Books	2021	978-1770503373

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Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Taverna	Hayden. G	Square Peg	2019	978-0224101646